



TINY TYGERS
TAEKWONDO



JUNIOR TYGERS
TAEKWONDO

Week 14: Focus

Activity sheet



Keep Fit:

1. Press up into a squat thrust x 10
2. Jog on the spot for 30s. Sit down and stand up x 5
3. Timed: 2 punches, 2 kicks, 1 press up, 1 sit up, 1 frog squat, turn around touch the floor x 2. Now try and beat your time.
4. Stretch legs out as wide as you can, in that position, try and name all the animals that can live in a house

Quiz:

1. What is 'kick' in Korean?. (hint, it can be found on our website).....
2. How many Tiger belts are there from white to brown in Taekwondo?.....
3. What is the name of the road you live on?.....
4. Which sport races in the Tour de France?
5. Which one is good behaviour? A. Being kind B. Ignoring someone.....

Score /5

Other:

1. How many frog squats can you do in 30s?
2. Draw a picture of a you as a movie star.



Bonus:

3. Do something to help around the home. What did you do?
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Parents: If your child has done everything on the sheet, you can put your initials in the skill card for this weeks skill – **focus**. We will stamp all the initialled boxes when we see you next.

Quiz answers: 1. Chagi 2. 8 3. You decide if they got it correct 4. cycling 5. A.